



WIC Final Food Rule - Food Package Questions and Answers

1. Why are WIC food packages changing?

- USDA is required to review (and update, as needed) WIC food packages at least every 10 years. These updates should reflect current nutrition science, public health concerns, and cultural eating patterns. The last update to the food packages happened in 2014; these next changes will occur in 2026 with the goals of providing more choice, balance, flexibility and variety, and to help establish and support breastfeeding.

2. When are the WIC food packages changing?

- Michigan WIC food packages will all be changed starting March 1, 2026.
- All states must implement the new food packages no later than April 20, 2026.

3. How are the WIC food packages changing?

- See “Final Food Rule Standard Food Package Change” for current versus new quantities in standard food packages.

4. What are the changes to milk – and why?

- There are no changes to milk quantities for any category. Clients will receive 16-24 quarts of milk per month, depending on category.

4a. What are the substitution options for milk?

- Clients may choose cheese, yogurt, and/or tofu instead of milk. Standard food packages will include 16 oz of cheese and 32 oz of yogurt (Note: exclusively breastfeeding packages will include 32 oz of cheese and 64 oz of yogurt). Clients are also able to choose an alternative milk (e.g., 2% milk if criteria in policy are met) or plant-based beverage. Maximum amounts of milk, cheese, yogurt, tofu, and plant-based beverage are dependent on category.
- Plant-based beverages include soy beverage and other plant-based beverages that meet nutrient requirements.

5. What are the changes to juice – and why?

- Total juice quantity is reducing to 64 ounces for children and women categories. Juice amounts will change from providing 40-107% of the daily recommended amounts to 27-53% to align with the supplemental nature of WIC.

5a. What are the substitution options for juice?

- Clients may choose juice or \$3.00 CVB. Standard food packages will include \$3.00 CVB to promote eating whole fruits and vegetables and increase fiber consumption. For clients that prefer juice, staff would need to select ‘0’ in the fruit/vegetables substitution row to issue 1 bottle of 64 oz juice.

6. What are the changes to whole grains – and why?

- Total whole grains will increase for pregnant and postpartum categories and decrease for children. Refer to “Final Food Rule Standard Food Package Changes” for the current versus new quantities. These new quantities will provide up to 53% of the daily recommended amounts to align with the supplemental nature of WIC.
- Whole grain options have expanded to include all varieties of intact whole grains, as available (e.g., quinoa, wild rice and naan).



WIC Final Food Rule - Food Package Questions and Answers

7. What are the changes to fish – and why?

- Canned fish is included in standard food packages for children, pregnant, and postpartum categories to provide healthy fats and iron. The amount is decreased for exclusively breastfeeding clients to align with the supplemental nature of WIC.

8. What are the changes to peanut butter and beans – and why?

- There are no changes to peanut butter and beans quantities for any client category; clients can still choose between peanut butter or canned or dried beans at the store.

8a. What are the substitution options for peanut butter and beans?

- Clients may choose to substitute other nut or seed butter instead of peanut butter to accommodate specific dietary needs including peanut allergies and/or cultural preferences. Clients will be able to choose between other nut or seed butter or canned or dried beans at the store.

9. What are the changes to eggs – and why?

- There are no changes to egg quantities for any client category.

9a. What are the substitution options for eggs?

- Clients may choose tofu or peanut butter/beans instead of eggs, including other nut or seed butter for the above reasons. This allows alternatives for specific dietary needs including egg allergies, or cultural or personal preferences.

10. What are the changes to infant foods – and why?

- **Infant cereal** amounts are reduced for all infant categories to align with complementary feeding recommendations and the supplemental nature of WIC. While there is an overall decrease in the amount of infant cereal, infants exclusively fed human milk receive more ounces because they may require more iron and zinc.
- **Infant meat** amounts are reduced for infants exclusively fed human milk. Amounts will change from providing 130% of the daily recommended amounts to 65% to align with the supplemental nature of WIC.
- **Infant fruits and vegetables** amounts will be 128 ounces for all infant categories to align with the supplemental nature of WIC.

10a. What are the substitution options for infant fruits and vegetables?

- After a complete nutrition assessment, clients may choose CVB instead of half or all infant fruits and vegetables starting at 6 months. This change allows families to prepare foods appropriate for their infant's development.

11. What changes were made to food packages for qualifying conditions (Food Package III)?

- Per medical documentation, staff may substitute infant fruits and vegetables for half or all CVB (including \$3 CVB for juice).

12. What if I have more questions about the food rule changes?

- See [this USDA website - Changes to the WIC Food Packages Q&As](#). If you have an urgent question, please call the Consultant Du Jour line at 1-800-942-1636, option 2.



WIC Final Food Rule - Food Package Questions and Answers

13. How are the names to the food packages in MI-WIC changing – and why?

- Food package names are changing to better align with how they are classified in Federal Regulations. The table below defines each food package name.

Food Package	Eligible Client Categories
Food Package I*	IBE, IBP, and IFF (0-5 months of age)
Food Package II*	IBE, IBP, and IFF (6-11 months of age)
Food Package III**	Any client on a food package for qualifying conditions that contains a WIC formula.
Food Package IV-A	C1
Food Package IV-B	C2-C4
Food Package V-A	PG
Food Package V-B	<ul style="list-style-type: none"> BP PG expecting two or more fetuses.
Food Package VI	<ul style="list-style-type: none"> NPP BP receiving more than the maximum amount of formula for partially breastfed infants (up to 6 months).
Food Package VII	<ul style="list-style-type: none"> BE BP with multiple IBPs under 1 year old from the same pregnancy. PG and breastfeeding an infant under 1 year old.
*You will still see the category (IBE, IBP, and IFF) and formula name for infant food packages.	
**Food Package III will not be listed as a food package. Instead, there will be additional variations of Food Packages IV-VII.	